

Upcoming Events

- Water/Wastewater Worker Safety Seminar and Nogales February 5th - Nogales Water Treatment Plant
- ADOSH Regional Safety Summit Mohave Community College - Kingman Campus February 19-20
- Looking Ahead: Auto Shop Safety April 9th in Bullhead City



Winter Conditions Ahead...Proceed with Care!

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Not all of Arizona is bathed in sunshine all winter long; indeed, some areas are blanketed with snow from time to time and blasted with icy winds that curl your toes and bite your nose!

Consider our own Winter Wonderlands: Flagstaff, White Mountains, Prescott, Williams, Mt. Lemon and even the Valley of the Sun was dusted with snow last February



20th. Remember? This is a shot of the 101 in Scottsdale.

Yes, icy driving conditions can be risky, but other cold related injuries such as hypothermia and frost bite can occur to Arizona's workforce during the winter months and unlike the freeways, there are rarely signs overhead to warn us of the hazards.

How to Protect Workers

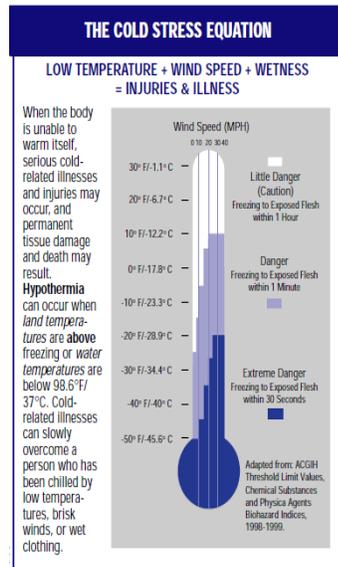
- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help the worker.

- Train the workforce about cold-induced illnesses and injuries. OSHA has prepared an employee training aid to help you present this essential information. www.osha.gov/Publications/osha3156.pdf (see picture at right)

- Select proper clothing for cold, wet, and windy conditions. Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin (polypropylene).
- Take frequent short breaks in warm dry shelters to allow the body to warm up.

- Perform work during the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system (work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods like hot pasta dishes.

In addition to hypothermia and frostbite, we need to be aware of the slip and fall hazards caused by ice on working surfaces and walkways. Slips and falls on icy sur-

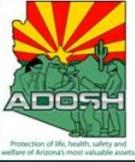


faces have led to serious injury and even death.

Remember that prevention is the best way to stop slips and falls during the winter in icy conditions. Be sure to shovel driveways, walkways, and sidewalks. Salt high traffic areas if you think ice may form. If there are especially icy spots, place a sign to warn others of the hazard.

www.cdc.gov/Niosh/docs/2011-123/pdfs/2011-123.pdf

Employers must provide a safe work environment for their employees. Winter conditions must be regarded as potential hazards to worker's life and safety.



ADOSH Kingman Regional Safety Summit
February 19-20, 2014 8:00 am - 4:00 pm



The Arizona Division of Occupational Safety and Health is pleased to partner with the Mohave Community College for this free and exciting event!



The Summit will be held at the Mohave Community College-Kingman Campus
1971 Jagerson Ave. Kingman, Arizona 86409

Call ADOSH at 602-542-1769 or visit <http://www.ica.state.az.us/> for more information on enrollment

2-DAY OSHA Outreach 10-Hour CLASSES IN CONSTRUCTION AND GENERAL INDUSTRY WILL BE OFFERED* AT THIS EVENT. The class will cost \$5.00 for card processing which is submitted to OTI. In addition to a Keynote Speaker, guest speakers, and the best instructors we can provide, here are 20+ Classes you may also be interested in:

- | | |
|---------------------------------------|---------------------------------------|
| Emergency Action Planning | BBP/OPIM/FLU/CREs |
| Accident Investigation | Hazard Communication/GHS |
| Safety Committees | Cranes in Construction |
| Heavy Equipment Safety | Hearing Conservation |
| Warehouse Safety | NFPA 70E Safety Update |
| First Aid / and AEDs in the Workplace | Creating and Selling a Safety Culture |
| Preparing for OSHA Inspections | Effective Employee Training Tips |
| Drugs in the Workplace | What It Takes to Become a VPP Site |
| OSHA Consultation Services | Respiratory Protection Programs |

10 Hour
Certifica-
tion Class
For \$5.00!

SAVE THE DATE! CHECK OUR WEBSITE

<http://www.ica.state.az.us>

AFTER JAN 5, 2014 for Details.

*OSHA 10 Hour Classes in General Industry and Construction Enrollment is limited to 30 students per class

Register after 1/7/14 at www.ezregister.com/promoters/1607



A Thousand Words...



In-Box

Q: We use sharps containers and have been disconnecting the needle from the syringe (needles are of course safety needles) to dispose. Is this acceptable or do we need to change our practice?

A: In response to your question, you should never remove the needle from the syringes unless the manufacturer states that their design is to be able to remove the needle for disposal, if that is not stated by the manufacturer then you should NEVER remove the needle. There should be a sheath over and around the needle once it is used and ready for disposal or that the needle is retractable and the entire syringe with the needle inside is dis-

posed of, that way, in a sharps container.

You **do** need to change your practice of removing the needle. Please reference 29 CFR 1910.1030(d)(2)(vii), specifically (d)(2)(vii)(A) and (B).

Steve Weberman ADOSH Consultation Industrial Hygienist

Q: I just need to verify the distance an eye wash station needs to be from an electric forklift and charger?

A: OSHA forklift regulation 29 CFR 1910.178 does not have a specific requirement for eyewash facilities, the OSHA first aid standard at 29 CFR 1910.151 applies.

When necessary, facilities for drenching or flushing the eyes "shall be provided within the work

area for immediate emergency use." In applying these general terms, OSHA would consider the guidelines set by such sources as American National Standards Institute (ANSI) Z358.1-1998, Emergency Eyewash and Shower Equipment, which states, at section 7.4.4, that eyewash facilities are to be located to require **no more than 10 seconds to reach**, but that where a strong acid or caustic is used, the unit should be immediately adjacent to the hazard. Based upon OSHA's interpretation, all facilities shall have an eye wash station if a forklift battery charging or changing station presents a risk of exposure to battery acid. **The eye wash shall be located adjacent to the battery charging or changing station.**

Luis Lopez ADOSH Consultation Industrial Hygienist

Q: How do I Maintain Eyewash and/or Shower Equipment?

A: ANSI recommends that all emergency eyewash and shower equipment be checked on a weekly basis in order to ensure proper working condition. Plumbed eyewash units should be activated weekly to flush the line and to verify proper operation. Self-contained eyewash units must be maintained according to manufacturer's instructions. The weekly inspections should be recorded for each unit.

Eyewash heads must be protected to prevent contaminants in the ambient air from settling on the eyewash heads. Consider using your Personal Protective Equipment (PPE) assessment or SDS's as a guide in determining where hazards to the eye and body exist in your workplace.

Paul Meier ADOSH Consultant

Arizona's Medical Marijuana Act in the Workplace

by Gina Kesler

"I tested positive on my drug test but I've got a medical marijuana card. You can't deny me employment!" Have you heard this? Are you cringing at the thought? Is this person right? Many employers were incensed when the AZ medical marijuana act (MMA) was passed, especially since the language specifically denied employers the ability to discriminate against a registered card holder applying for a job or terminating an employee unless your company risked losing federal funding or a licensing benefit.

Arizona's MMA is the only one in the country that includes language about what employers can or cannot do in the circumstance of a registered card holder.

So how does an Arizona employer manage yet another piece of legislation that impacts their business and their employees? Employers demanded change and they were heard with the passing of A.R.S. H.B. 2541, a revision to the state drug testing law allowing for more latitude by employers to make managerial decisions regarding impairment in the workplace and broadening the spectrum of safety sensitive positions. While the MMA is still enforceable and one must proceed with caution and respect for the act, this revision to the state drug testing law is a huge win in favor of employers that want to ensure the safety of everyone and everything within their organization.

The state drug testing law, with its revision, does protect an employer from litigation, but several pieces need to be in place for everybody in its organization in order to be protected. The following 5 elements are ideal to have a comprehensive program for maximum protection for all parties involved:

- ⇒ Understanding of the MMA in AZ and any other states in which you have employees;
- ⇒ Adopt a pre-duty prescription medication and impairing effects substances safety policy;
- ⇒ Update employee job descriptions;
- ⇒ Adopt an ADA compliant handbook policy on reasonable accommodations;
- ⇒ Share your stance on MM and prescription use in the workplace.

The first priority of any policy is to understand your own state laws before writing and enacting an employer policy, such as a drug/alcohol program. Every state has unique and different laws regarding drug testing and medical marijuana and these laws must be followed in your program. To whom the law applies, the quantity of marijuana allowed, how it is obtained, liability protections, etc. Understanding the laws will help shape the policy and internal processes.

Gone are the days of a generic drug and alcohol prohibition statement in the handbook. Policies need to be very thorough and articulate the position the company takes regarding substances in the workplace. Adopting a pre-duty prescription medication and impairing effects substances safety policy is the first important step. This should include specific information about the reason for the policy, who it covers, who enforces, consequences for violating the policy, how the testing program will be conducted, etc. It also requires employees that are working in a safety-sensitive position to disclose, pre-duty, that they have taken, or are taking, an impairing effect substance. The type of medication and reasons behind them should not be disclosed. The employer also reserves the right to send that employee to the employee's doctor for a fitness-for-duty evaluation with a copy of their job description.

The company job descriptions must support the policy in order to make any decisions with the violators of the policy. Job descriptions should be updated, compliant with the ADA, and should list "essential job functions".

Safety-sensitive job categories should also include the following as an essential function of the job: "the ability to work in a constant state of alertness and in a safe manner." The revised drug testing law includes specific job categories found to be safety-sensitive such as, but not limited to, operating heavy machinery, handling food or medicines, occupations regulated pursuant to Title 32, and the ability for an employer to classify a position as safety-sensitive if they have a "good faith" belief that the task "could affect the safety or health of the employee or "others".

Train your managers and staff about the impairing effects of drugs, such as marijuana, prescrip-

tion drugs and alcohol! Your managers are your best deterrents to substance abuse in the workplace and they need to be equipped with the tools. A supervisor training on the impairing effects of drug and alcohol and reasonable suspicion will ultimately reduce your liability immediately if you have proactive managers that practice their new found knowledge and awareness. Educated managers coupled with regular drug testing will reduce workplace accidents and minimize liability.

Adopt an ADA compliant handbook policy on reasonable accommodations. It's very important, however, that you state in your pre-duty prescription medication and impairing effects disclosure policy that you do not accommodate the use of medical or recreational marijuana by safety-sensitive employees. For all of the rest, make sure an individualized assessment based on essential job duties is performed and ask for help by your medical review officer or occupational physician to guide you through the ADA reasonable accommodation steps.

Finally, be very clear about your organization's position on medical, or recreational, marijuana and impairing prescription use in your policy. Train supervisors and managers on the impairing effects of marijuana and other drugs. Tie the policy back to safety and productivity in the workplace. An impaired employee is not productive or safe. Keep informed with your state laws or consult regularly with your attorney or a Third Party Administrator in Substance Abuse Program Management. As more states adopt marijuana laws, it's clear this trend is here to stay and employers must be proactive and educated. Employers have the right to expect productive and alert employees. Arizona law supports employers who choose to put a policy in place and enforce it fairly. Embrace it!



Gina Kesler is the President of D & A Experts, a drug and alcohol consulting and collections firm dedicated to helping companies reduce and manage risk and exposure. For more information or a program consultation, visit their website at www.dandaexperts.com or call 602-761-0882.



TRAINER'S CORNER

by Jenny Mandeville

How effective are PowerPoint Programs for Safety Training? The famous OSHA answer is...(drum roll please) "It Depends!"

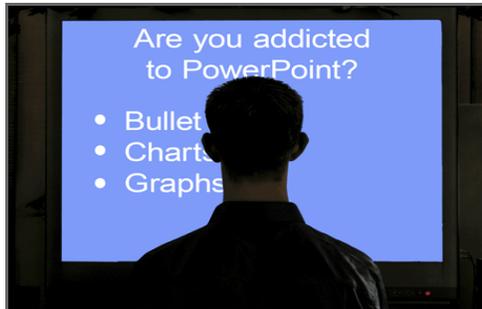
Most trainers depend on the PowerPoint to keep us on point rather than as a real training aid for our students. Consider:

Is anything worse than hearing a trainer read the information on the slide to you? We have all groaned through that type of learning experience and eventually we ask ourselves, "why didn't they just email me the presentation and I could read it myself?"

In my opinion one of my more powerful presentations is a slide show of photos only, telling the story of the Triangle Shirtwaist Factory Fire of 1911 wherein 146 workers, most of them young immigrant women were forced to jump from ninth floor windows to their deaths or burn in the conflagration. I became so passionate about the

story that I didn't need any words to prompt me. I could tell the story and allow the photos to enhance the learning experience...the real value of using PowerPoint; to reinforce the words you are speaking and create passion that shifts paradigms.

The true challenge then is to create a slide that illustrates your point rather than spells out your point, literally. This way the student is receiving the infor-



mation through at least two senses, vision and hearing, as you present the information verbally. Use the notes section for your reminders to keep you on track. While your students are busy looking at your slide, you can refer to your printed notes and keep the presentation smoothly running until you become more confident with the material.

My New Year's goal is to review my presentations and move the text from the slide onto the notes section and find an image or use a few meaningful words to illustrate the point. (I personally think this goal may be more achievable than my usual, "I will stick to my diet this year...cross my heart.")

So the answer to the question about "how effective are PPT programs for safety training" really is: "It Depends...on whether you use it as an training aid or a crutch to lean on. *See you in class! Jenny*"

The Employer's Mandate to Protect Temporary Workers

In recent months, a series of reports of temporary workers suffering fatal injuries during the first days on a job have been seen by OSHA. In some cases, the employer failed to provide safety training or, if some instruction was given, it inadequately addressed the hazard, and this failure contributed to their death.

Given the number of temporary workers and the recent high profile fatal incidents, ADOSH is making a concerted effort using enforcement, outreach and training to assure that temporary workers are protected from workplace hazards. You will note that two fatalities were investigated during July-September of this year involving temporary workers. (See page 9)

OSHA has previously addressed issues affecting temporary workers and leased employees in several letters of interpretation and directives, and has issued citations regarding lack of protection to such workers, most recently citing *Bacardi Bottling Corporation* following the death of a 21-year old temporary worker on his first day on the job.

Employers have a duty to provide necessary safety and health training to all workers regarding workplace hazards. ADOSH Compliance Officers have been directed to

determine, within the scope of their inspections, whether any employees are temporary workers and whether any of the identified temporary employees are exposed to a violative condition. In addition, using records review and interviews Compliance Officers will discover whether temp workers have in fact received required safety training in a language and vocabulary they understand.

Recent inspections have indicated problems where temporary workers have not been trained and were not protected from serious workplace hazards due to lack of personal protective equipment when working with hazardous chemicals and lack of lockout/tagout protections, among others.

ADOSH recommends that the temporary staffing agency and the host employer set out their respective responsibilities for compliance with applicable OSHA standards in their contract. Including such terms in a contract will ensure that each employer complies with all relevant regulatory requirements, thereby avoiding confusion as to the employer's obligations.

ADOSH could hold both the host and temporary employers responsible for the violative condition(s) - and that can include lack of adequate training regarding workplace hazards. Tempo-

rary staffing agencies and host employers share control over the worker, and are therefore jointly responsible for temporary workers' safety and health.

ADOSH has concerns that some employers may use temporary workers as a way to avoid meeting all their compliance obligations under the OSH Act and other worker protection laws; that temporary workers get placed in a variety of jobs, including the most hazardous jobs; that temporary workers are more vulnerable to workplace safety and health hazards and retaliation than workers in traditional employment relationships; that temporary workers are often not given adequate safety and health training or explanations of their duties by either the temporary staffing agency or the host employer. **Therefore, it is essential that both employers comply with all relevant OSHA requirements.**

To help employers who utilize temporary employees, ADOSH has scheduled training sessions in Phoenix and Tucson to more fully address the requirement to protect temporary workers. The class is intended for management and supervisors and will include some valuable take away training aids. Check the training schedule on pages 6-7 of this issue.

ADOSH Education and Training Calendar Jan-Mar 2014

Registration for each class begins 30 days prior to the date of the class. Most classes are free of charge but are subject to change or cancellation with out notice. Some classes or seminars listed are not exclusively sponsored by ADOSH and may carry a nominal fee to cover the costs of course materials, space or equipment rental, etc. **NOTE: The phone number or web address listed for each class is the number that participants need to call for class questions and are not direct numbers to the ADOSH trainer. Please register on-line at www.ezregister.com/promoters/1607 Registration Problems? Call 602-542-1769**

January 2014 On-line Registration Required

1/7/2014	9:00-12:00	GHS/Haz Com 2012	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
1/7/2014	9:00-11:00	Construction Health Hazards	800 W Washington St	Phoenix	Weberman	602-542-1769	R. Montanez
1/8/2014	9:00-12:00	Bloodborne Pathogens	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
1/9/2014	9:00-12:00	Forklift Train-the-Trainer	Pima County Wastewater Tx	Tucson	Ornelas	520-628-5478	ADOSH
1/14/2014	9:00-12:00	OSHA 300 Recordkeeping	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
1/15/2014	9:00-12:00	Residential Fall Protection	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
1/16/2014	9:00-12:00	Forklift Safety	2675 E Broadway	Tucson	Garton	520-628-5478	ADOSH
1/17/2014	9:00-12:00	OSHA 300 Recordkeeping WEBINAR	WEBINAR ONLY	Your Office!	Atencio	602-542-1769	R. Montanez
1/21/2014	9:00-12:00	Confined Spaces Awareness	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
1/22/2014	9:00-11:00	Office Safety	800 W Washington St	Phoenix	Weberman	602-542-1769	R. Montanez
1/22/2014	9:00-12:00	Office Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
1/22/2013	8:00-12:00	Forklift Train-the-Trainer	3030 N 3rd St (SCF Bldg)	Phoenix	Mandeville	602-542-1769	R. Montanez
1/23/2014	9:00-12:00	Medical Office Safety	800 W Washington St	Phoenix	Mandeville	602-542-1769	R. Montanez
1/23/2014	9:00-12:00	GHS/Haz Com 2012	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
1/24/2014	9:00-12:00	Common Healthcare Hazards WEBINAR	WEBINAR ONLY	Your Office!	Atencio	602-542-1769	R. Montanez
1/28/2014	9:00-12:00	Scaffold Safety Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
1/29/2014	9:00-12:00	Machine Guarding	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
1/29/2014	9:00-12:00	OSHA 300 Recordkeeping	800 W Washington St	Phoenix	Mandeville	602-542-1769	R. Montanez
1/29/2014	1:30 - 3:30	OSHA Recordkeeping Year-end Workshop	800 W Washington St	Phoenix	Mandeville	602-542-1769	R. Montanez
1/31/2014	9:00-12:00	Keeping Temporary Workers Safe	2675 E Broadway	Tucson	Mandeville	602-542-1769	R. Montanez

February 2014 On-line Registration Required

2/4/2014	9:00-12:00	OSHA 300 Recordkeeping	500 S Central, Bldg D	Florence	Ornelas	520-866-7920	Ana Escovel
2/4/2014	9:00 - 11:00	VPP Elements: Get Ready For VPP!	800 W Washington St	Phoenix	Weberman	602-542-1769	R Montanez
2/5/2014	9:00-11:00	Safety Excellence: Partnering with ADOSH	800 W Washington St	Phoenix	Emami	602-542-1769	R Montanez
2/5/2014	8:00 - 4:30	Water /Wastewater Worker Safety	Nogales Wastewater Plant	Nogales	ADOSH	520--866-7923	D. Arizmendi
2/7/2014	9:00 - 11:00	Common Healthcare Hazards WEBINAR	WEBINAR ONLY	Your Office!	Atencio	602-651-5160	R Montanez
2/11/2014	9:00-12:00	General Industry Hazard Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
2/12/2014	9:00 - 12:00	Cranes in Construction	800 W Washington St	Phoenix	Cooper	602-542-1769	R Montanez
2/13/2014	9:00 - 11:00	Cold Stress WEBINAR	WEBINAR ONLY	Your Office!	Weberman	602-542-1769	R Montanez
2/13/2014	9:00-12:00	Machine Guarding	2675 E Broadway	Tucson	Garton	520-628-5478	ADOSH
2/19/2014	8:00-4:00	REGIONAL SAFETY SUMMIT - KINGMAN	1971 Jagerson Ave	Kingman	ADOSH	928-757-0894	Lisa Card
2/19/2014	8:00-4:00	Construction 10 Hour*	1971 Jagerson Ave	Kingman	ADOSH	602-542-1769	R Montanez
2/19/2014	8:00-4:00	General Industry 10 Hour*	1971 Jagerson Ave	Kingman	ADOSH	602-542-1769	R Montanez
2/20/2014	8:00-4:00	REGIONAL SAFETY SUMMIT - KINGMAN	1971 Jagerson Ave	Kingman	ADOSH	928-757-0894	Lisa Card
2/25/2014	9:00-12:00	Scaffold and Aerial Lift Safety	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
2/25/2014	1:00-5:00	Forklift Train-the-Trainer (Spanish)	1075 N 6th Avenue (Library)	San Luis	Ornelas	928-373-1138	D Robinson
2/26/2014	8:30-12:30	Forklift Train-the-Trainer	2951 S 21st Dr (Main Library)	Yuma	Ornelas	928-373-1138	D Robinson
2/26/2014	9:00 - 12:00	Residential Construction Fall Protection	2675 E Broadway	Tucson	Cooper	520-628-5478	ADOSH
2/27/2014	9:00-12:00	Hand and Power Tool Safety Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH

* OSHA Construction and General Industry 10 hour Classes are offered only during Safety Summits and are restricted in size according to the available space of the venue. Registration will be included within the Safety Summit Registration on EZRegister.com A \$5.00 fee is collected from students and submitted to the OSHA Training Institute for card processing. There are no other charges for the 2-day classes.



March 2014 On-line Registration Required

3/4/2014	9:00 - 12:00	General Industry Hazard Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
3/5/2014	9:00 - 12:00	TBA	Call for location	Sierra Vista	Ornelas	520-628-5478	ADOSH
3/5/2013	9:00 - 12:00	Residential Construction Fall Protection	800 W Washington	Phoenix	Cooper	602-542-1769	R. Montanez
3/11/2014	9:00 - 12:00	Forklift Train-the-Trainer	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
3/11/2013	9:00-11:00	Heat Stress Awareness	800 W Washington	Phoenix	Weberman	602-542-1769	R. Montanez
3/12/2014	9:00 - 12:00	Masonry and Concrete Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
3/14/2014	9:00-12:00	Keeping Temporary Workers Safe	800 W Washington	Phoenix	Mandeville	602-542-1769	ADOSH
3/18/2014	9:00 - 12:00	Office Safety	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
3/19/2014	9:00 - 12:00	Hand and Power Tool Safety Awareness	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH
3/20/2014	9:00 - 12:00	Heat Stress Awareness	2675 E Broadway	Tucson	Garton	520-628-5478	ADOSH
3/21/2014	9:00-12:00	Cranes in Construction	2675 E Broadway	Tucson	Cooper	520-628-5478	ADOSH
3/21/2014	9:00-11:00	Heat Stress Prevention WEBINAR	WEBINAR ONLY	Your Office!	Atencio	602-542-1769	R. Montanez
3/25/2014	9:00 - 12:00	Respiratory Protection	2675 E Broadway	Tucson	Coleman	520-628-5478	ADOSH
3/26/2014	9:00 -12:00	OSHA 300 Recordkeeping	2675 E Broadway	Tucson	Ornelas	520-628-5478	ADOSH

Register online at www.ezregister.com/promoters/1607

NOTES: **EZRegister Instructions:** Just type in www.ezregister.com/promoters/1607 in your URL address bar and enter. All of ADOSH's classes will be listed and you can click on the class you want to attend. Fill in the form and save it to your calendar! Simple and time-saving. If there are any changes we will let you know. Webinars are scheduled and when you sign up for the class, a return email will include materials for the class and log-on information. Please register early for training classes and leave contact information. Some classrooms may be limited in size and will require us to limit enrollment. If there are not enough enrolled for the class (10 or more) or if there is an unexpected emergency or illness, the class may be cancelled. While ADOSH tries to contact each student in the event of a cancellation, we encourage you to call the day before the class to confirm that the class will still be held as scheduled. **Call the number listed on the roster.**

Finally, please be courteous during any cold and flu seasons and do not attend the class if you are suffering symptoms of illness. Viruses are highly contagious and we want to keep all students and instructors healthy during all times of the year. *See you in class!*

ADOSH and the City of Nogales present on February 5th a **FREE**

Water and Wastewater Worker Safety Seminar

At the Nogales Wastewater Treatment Plant February 5, 2014 8:00-5:00

Schedule

- 8:00—9:00: Hazards on the Job and How to Control Them
- 9:10-10:10 Controlling Chemical Hazards / GHS Update
- 10:10-11:10 Confined Spaces
- 11:15- 12:15 Lockout/Tagout
- 12:15-12:45 1/2 hour Lunch—(Bring Your Own Lunch)
- 12:45 -1:45 Infectious Diseases
- 1:50- 2:50 Controlling Physical Hazards
- 2:55- 3:55 Controlling Safety and Security Hazards
- 4:00- 5:00 Hazards by Area or Operation



ADOSH Trainers will present 8 fast-paced, relevant and sometimes downright scary safety topics.

Up to your ears in Alligators?

Join us for a full day of Safety Training designed especially for Water and Wastewater Workers!



Safety Apps for Androids by Paul Meier

Although these apps have been tried and tested ADOSH assumes no responsibility nor does it verify the accuracy of these applications.



Safe Lifting Calculator

[Oregon DCBS](#)

- September 23, 2013

[Health & Fitness](#)

Description

Oregon OSHA's Easy Lift app uses a modified version of the NIOSH lifting equation to give the user a maximum safe weight for various lifting scenarios.

Step 1: Indicate where your lift begins.

Step 2: Estimate the number of lifts per minute and the hours of lifting per day.

Step 3: The app calculates the maximum safe lifting weight.



First Aid - American Red Cross

[American Red Cross](#)

- September 12, 2013

[Health & Fitness](#)

Accidents happen. The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand. Get the app and be prepared for what life brings. With videos, interactive quizzes and simple step-by-step advice it's never been easier to know first aid.

Features:

- HEAT STROKE AND RELATED CONTENT NOW INCLUDED IN LEARN AND EMERGENCY TABS
- Simple step-by-step instructions guide you through everyday first aid scenarios.

Ladder Safety



Description

The National Institute for Occupational Safety and Health (NIOSH) is dedicated to ensure the safety of extension-ladder users by developing and disseminating an easy-to-use interactive ladder safety application for smart phones. The NIOSH Ladder Safety application features a multimodal indicator, which uses visual and sound signals to assist the user in positioning an extension ladder at an optimal angle. Furthermore, the application provides graphic-oriented interactive reference materials, safety guidelines and checklists for extension ladder selection, inspection, accessorizing, and use. The application is intended to help a wide range of ladder users, employers, and safety professionals, with their ladder-related safety needs. The ladder safety app is also 508 compliant.

Noise



Sound Meter PRO

[Mobile Essentials](#)

- November 6, 2013

[Tools](#)

Description

Sound Meter PRO is professional sound meter for your Android. Sound Meter is also known as sound level meter, decibel meter (dB meter), noise meter, sound pressure level meter (SPL meter). Sound Meter PRO uses your Android's microphone to measure levels of noise or sound pressure levels and displays measured data in dB (decibels) with reference to generally known noise (provided by American Academy of Audiology) or displays the noise data on easy to read graph for the last 30 seconds of app use.

Microphones in Android devices are made to record human voice, therefore the maximum noise is limited and very loud sounds cannot be recognized (in most cases above 100dB). Sound Meter PRO is calibrated to be accurate in +/-2.5 dB range of actual noise level and is probably by far the most accurate sound meter on Google play. We have adjusted Sound Meter PRO with the use of professional sound meter used by sound engineers and made required adjustments for many Android devices, including the most popular devices on the market today.

OSHARATE

Description

Calculate your companies OSHA and DART rate and then compare it to the Bureau of Labor and Statistics NAICS averages all from the same app



Death, Taxes, and OSHA 300A

If you are dreading working on preparing your OSHA 300A Form ready for posting, why not come to one of ADOSH's Recordkeeping Workshops for End of the Year Calculations? We will be holding them throughout January and they will be in Tucson and Phoenix.

If you have never attended the regular OSHA 300 Recordkeeping Class, we urge you to attend it first so that you will have a better understanding of the requirements for entering data on the forms. You can also take our webinar or an on-line class through Oregon OSHA at the www.orosha.org website. You will need to register but there is no charge for the class. Materials for the class can be downloaded prior to taking the class.

After you have taken the OSHA 300 Recordkeeping Class, you will be ready to fill out your 300A form that is required to be posted on February 1st through April 30th.



In order to be prepared for the workshop, you will need the following data:

- Your 2013 OSHA 300 Log
- Your OSHA 101 or 301 forms to match each entry on the 300 Log
- Average number of employees in 2013 including tempo-

- rary employees
- Total hours worked in 2013 including overtime
- Calculator (phone?)

You may need to work with payroll or HR to get the information that you need for your calculations. The workshop is a hands-on class that will give you a chance to work

with an ADOSH Consultant to review your OSHA 300 form for compliance, and answer the hard questions that may come up.

You may stay as long as needed to complete your forms, and we will help you compare your DART (Days Away, Restricted and Transferred) and TRC (Total Recordable Cases) with the current BLS statistics so that you can see how your business compares the your industry's injury and illness rates.

Knowing how your business compares to the industry injury and illness rates can help you to understand where you need to focus the company's energy, time and funds for improving safety programs and subsequently the bottom line!

You will also be introduced to the OSHA Safety Pays program that can show you the true cost of an accident. Including both direct and indirect costs. Come join us!

Workplace Fatalities Investigated by ADOSH July - September 2013

07/13/2013

A 41 year-old HVAC Tech who was installing a new refrigeration unit on the roof of a facility was electrocuted when he came in contact with live electrical wires.

07/16/2013

A 30 year-old worker hired from a temp agency collapsed from heat stroke at the end of his first day on the jobsite where he was assembling PVC piping. The incident occurred on May 30th but the worker remained hospitalized on life support until his death on July 16th. Death was attributed to complications (multi-organ failure) from heat stroke.

08/22/2013

A 58 year-old school employee was operating a utility cart on a side walk and failed to negotiate a ninety degree left turn onto a 20 foot wide paved fire lane. The employee impacted a steel

4x4 upper rail of a barrier structure suffering fatal injuries to her torso.

08/29/2013

A 43 year-old Construction Laborer fell from the third level of a scaffold, approximately 21' high. The worker was engaged in hauling buckets of tools and water up from the ground to the third level with a rope for the texture coating application on the side of a new commercial building. He incurred head and left arm injuries and was transported to a hospital on 8/29/13 where he remained until he died on 9/3/13 .

08/30/2013

A 58 year-old trucking/transportation worker fell from a walking-working surface sustaining fatal injuries to his torso.

09/17/2013

A 45 year-old worker, hired from a temp agency to perform insulation work, collapsed while

working, heat stroke being a suspected cause. It was later determined that he had suffered a fatal heart attack.

ADOSH releases Yarnell Hill Fire Inspection Documents

The public can read the full investigation report by accessing the following website:

www.ica.state.az.us



Yarnell Hill Fire Inspection Documents
 ADOSH 12/4/13 Agenda Sheet Arizona State Forestry Division
 Citation and Notification of Penalty - ASFD
 Inspection Narrative - ASFD
 Worksheets for Citations - ASFD
 Supporting Photos and Maps - ASFD
 Wildland Fire Associates Report

Industrial Commission Press Release
 12/04/13 Press Release

VPP and SHARP News

SHARP CELEBRATION FOR CONCRETE DESIGNS INC.



Concrete Designs Inc, is the largest manufacturer of ornamental precast concrete in the United States. Known for their high-quality products and commitment to customer service, CDI is now a leader in safety and health, recognized as a SHARP (Safety and Health Achievement Recognition Program) site. The company stresses active communication at all levels when it comes to safety. CDI becomes the 27th SHARP site in the state of Arizona.

Left: ADOSH Assistant Director Jessie Atencio and ADOSH Industrial Hygienist Consultant Francisco Mendoza present the SHARP plaque to Safety Director Fred Monreal and President Nathan Hartzell.

Below: Concrete Designs Inc employees stand in front of the company's main business office with Mr. Monreal and Mr. Hartzell proudly display the SHARP plaque.



MAPEI CORP - Tempe, AZ Achieves SHARP STATUS



Left: Unit Manager Al Fornaro proudly displays the ADOSH SHARP certificate along with his crew. MAPEI is an international corporation with operations in the U.S., Canada, the Caribbean and Latin America. The Tempe Plant manufactures powdered tile and stone adhesives. The company specializes in total floor systems.



VPP and SHARP News



VANTAGE WEST CREDIT UNION EARNS ADOSH SHARP STATUS

Recently Vantage West Credit Union celebrated earning SHARP status for a pro-active safety program. We welcome them to the elite group of businesses that are dedicated to Safety and Health for their employees. Left: A few members of Vantage West Credit Union's Board of Directors From left: Telesforo Marin, Gary W. Smith, Gloria Gonzalez, Chairman Dale R. Whittaker. Then follows VVCU President & CEO Robert D. Ramirez (holding the plaque), ADOSH Consultation Supervisor Babak Emami, AVP Maintenance Walt Silva, and Compliance Safety Security Officer Bryn Tierney.



SCHUMACHER EUROPEAN AWARDED ADOSH SHARP STATUS

Congratulations to Schumacher European for a strong safety program! At right - from left to right: Bill Rineer, Parts Manager; Chris Schumacher, Pre Owned Sales Director; Chris Hoffman, Production Manager; Kevin Steele, General Manager.



YUMA COGENERATION ASSOCIATES RECERTIFIES AS A VPP STAR SITE

Originally certified as a VPP site in 2010 and now re-certified for their excellent safety program until 2016, the Yuma Cogeneration Associates facility uses natural gas as the fuel for its turbine and efficiently produces energy in two forms – electric and thermal (steam). The Yuma crew is pictured at right .

From left: Steve Larson, President; Control Operators James Kuhn, Ramon Miranda, John Pitcher, Calvin Clark (Electrician), Ron Roberts, Dan Johanning; YCA General Manager Lawrence Ornellas; Operations Manager David Slade; TX PRL General Manager Jerry Baker; Cippy Correa, Lead Mechanic; Vinnie Guerrero ENI Technician. (Not pictured: Miguel Zamorano.)



ADOSH Out and About: Reverse Trade Show and Construction Career Days



ADOSH Consultant Landon Coleman mans the ADOSH Booth at the **Pima County Reverse Trade Show** held at the Desert Diamond Casino in Sahuarita, AZ. ADOSH Training materials and publications are available for attendees to take away. Landon works out of the Tucson ADOSH Office and will be offering a number of classes this quarter, including Forklift Train-the-Trainer and Aerial Lift Safety. Check pgs 6-7 for the current training schedule of Landon's classes..



CONSTRUCTION CAREER DAYS Nov 7-8, 2013

ADOSH participated in the popular Construction Career Days again this year which gave ADOSH Consultation Staff the opportunity to meet with trade school, community college and high school students in order to introduce them to the field of safety within the Construction Industry.

This year's show was held at the Army National Guard Papago site in Phoenix which allows for many vendors and demonstrations to take part. Students experience valuable hands-on displays and exercises.

Some of the hands-on demonstrations included building brick walls, CADD, a pipe design and build contest, cement mixing and setting, constructing a toolbox, estimating projects, designing and building projects, plumbing projects, pipe fitting and operating heavy equipment under the instruction of a professional operating engineer.

Construction Career Days events are a workforce development tool that introduce high school students to careers in the construction industry and support the pipeline that will provide the professionals of tomorrow. The Construction Career Days have proven highly successful in promoting the construction industry and the careers it offers to America's youth.

Left center: Consultation Supervisor Babak Emami providing information to the students on rights and responsibilities of an employer.

Left lower: A view of the crowds that attended the Construction Career Days.



We cannot always build the future for our youth, but we can build our youth for the future. *Franklin D Roosevelt*



ADOSH Training: Phoenix Safety Summit (October 21-22, 2013)



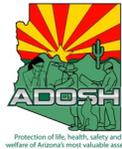
The Maricopa County Sheriff's Office Hosted the ADOSH Safety Summit at their Training Center -Captions pg 15



ADOSH Training: Phoenix Safety Summit (October 21-22, 2013)



Arizona Division of Occupational Safety & Health



We're on the WEB!

<http://www.ica.state.az.us>

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ADOSH ADVOCATE

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ADOSH Training: Phoenix Safety Summit (October 21-22, 2013)



1. Rosemary and Renee prepare to open the event 2. MCSO Color Guard 3. Lt. Donna Hudson MCSO 4. ADOSH Asst. Director Jessie Atencio 5. MCSO Presents the Colors 6. The Summit Vendor Area 7. Sheriff Joe Arpaio 8. Keynote Mark Norton 9 & 10. Vendor Area 11. ADOSH Training Officer Jenny Mandeville with Sheriff Joe and Chief Deputy Sheridan 12. Sheriff Joe Arpaio, Lt. Donna Hudson and ADOSH Director Bill Warren 13. Sheriff Joe, Dr. Mike Schaefer, Dr. Richard Riedy, MD (all Keynote Speakers) 14. MCSO Chief Deputy Jerry Sheridan 15. Sheriff Joe signs the infamous pink underwear. 16. Many people wanted to meet Sheriff Joe and proceeds from the underwear sales went to Youth Assistance programs. 17. Bob Walton Pres. of Industry Sleep Solutions awards raffle winner a pillow. 18. Dr. Martin Fekete spoke on Biohazards in the Workplace 19. Rosemary and Renee at the ADOSH Booth. 19. Angie Westerfield 10 Hour Construction Trainer 21. Sgt Colleen Walters checks raffle tickets 22. SRP and the Brats Wagon Demonstration 23 Gina Kesler, Pres of D&A Experts awards a Halloween Bucket of Brew to raffle winner 24. Angie Rolnik of Berry Plastics, with ADOSH Trainer Joe Ornelas, instructs the 10 Hour General Industry Class. 25. ADOSH Consultant Bill Cooper Instructing Crane and Rigging Class 26. Melissa Schmalz from Ping "Vanna White's" her raffle prize. 27 Mike Maloney from Carson Sales awards raffle winner a HI-VIZ Bomber Jacket. 28 Lt. Donna Hudson holds a First Aid Kit for Cintas prior to... 29. Sgt. Colleen Walters calling out the winner's name. 30.A mock "Tent City" was erected for the event complete with cots and clothes. 31. BLS Research and Statistics Patsy Verdusco tries on a set of stripes just her size. 32. Unidentified attendee trying out the Tent City accommodations. 33. Lunch in the Mock Jail. 34. Josh Remy of Cintas, Instructor of AEDs in the Workplace presents raffle winner with Cintas On-Line Training. 35. Vendors kept busy. 37. Erna Patrawke from E2 Safety 38 All of the instructors who volunteered their time and expertise. 39. Underwear everywhere! 40. Amy Gallagher Grossman Burn Center 41. Vendors teaching and selling. 42. Many valuable raffle items were generously donated by vendors for the Summit. 43. Bob Walton, Pres. Industry Sleep Solutions demonstrates CPAP machines and teaches about sleep deprivation. 44. Saul Guerero from On-Site Health and Safety. **THANK YOU TO ALL WHO MADE THIS SUMMIT OUR VERY BEST YET! OUR HEARTFELT GRATITUDE TO LT. DONNA HUDSON and SGT. COLLEEN WALTERS OF MCSO! HAPPY RETIREMENT LT. HUDSON - WE CAN'T IMAGINE DOING THIS WITHOUT YOU! Also...THANK YOU VENDORS FOR YOUR FABULOUS EFFORTS AND RAFFLE PRIZES!**